

Date	Day	Workout Type	Description	Duration	Rating	Rest	Effort %	Heart Rate
4/29/2024	Monday	Trans.	Oxygen Transport	15 minute warm up & 12 X 1 minutes	26-28 spm	90 Sec.	90-95%	162-170
4/30/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
5/1/2024	Wednesday	AT	Anerobic Threshold	2 X 16 minutes	26-28 spm	5 min	85-90%	153-162
5/2/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
5/3/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
5/4/2024	Saturday	Lac.	Lactate Tolerance	3 x 1000M	32-max	5 min	100%	180+
5/5/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
5/6/2024	Monday	Trans.	Oxygen Transport	15 minute warm up & 9 x 90 Seconds	26-28 spm	1 min	90-95%	162-170
5/7/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
5/8/2024	Wednesday	AT	Anerobic Threshold	3 X 12 minutes	26-28 spm	4 min	85-90%	150-155
5/9/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
5/10/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
5/11/2024	Saturday	Lac.	Lactate Tolerance	2 x 1000M, 1 x 2000M	32-max	5 min	100%	180+
5/12/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
5/13/2024	Monday	Trans.	Oxygen Transport	20 minute warm up & 7 x 2 min	26-28 spm	3 min	90-95%	162-170
5/14/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
5/15/2024	Wednesday	AT	Anerobic Threshold	2 X 17 minutes	24-26 spm	5 min	85-90%	153-162
5/16/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
5/17/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
5/18/2024	Saturday	Lac.	Lactate Tolerance	3 x 1000M	32-max	5 min	100%	180+
5/19/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
5/20/2024	Monday	Trans.	Oxygen Transport	3 x 7 min. (3min,2 min,1 min,1 min)	24, 26, 28, 30 spm	3 min	90-95%	162-170
5/21/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
5/22/2024	Wednesday	AT	Anerobic Threshold	3 X 13 minutes	24-26 spm	4 min	85-90%	153-162
5/23/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
5/24/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
5/25/2024	Saturday	Lac.	Lactate Tolerance	2 x 1000M, 1 x 2000M	32-max	5 min	100%	180+
5/26/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
5/27/2024	Monday							
5/28/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
5/29/2024	Wednesday	AT	Anerobic Threshold	2 X 18 minutes	26-28 spm	6 min	85-90%	153-162
5/30/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
5/31/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
6/1/2024	Saturday	Lac.	Lactate Tolerance	3 x 1000M	32-max	5 min	100%	180+
6/2/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139